

SoulCORE

A Movement to Nourish Body, Mind & Soul



SOULCORE is a movement that combines core strengthening, stretching & functional exercises with the prayers of the rosary; a sensory experience combining candlelight, music, scripture, reflections & movement to nourish body, mind & soul and encourage deeper meditation on the mysteries & virtues of the rosary.

SoulCore is a movement all its own. It is not tied to or affiliated with any other exercise disciplines. SoulCore is not yoga, nor are yoga poses or Sanskrit referenced at any time.

SoulCore is an invitation to integrate body & soul in prayer, fully orienting the heart & mind toward Christ, while discovering the beauty of the rosary: A gentle, healing path to grow in virtue, interior peace & strength.

Visit www.soulcore.com for more information

Classes being held every Saturday at 8am*
questions
(check St. Leo's calendar at stleochurch.org)

St. Leo the Great Church
groups/retreats
167 Lake Ave.
Hilton, NY 14468

- any fitness/spiritual level welcome
- wear comfortable clothes
- bring an exercise mat
- suggested donation: \$10/class
(a portion goes to St. Leo's Church)

contact Kristen Muir with any

(585)709-1836
shopwithmuir@gmail.com

***Also available for private**



The SoulCore logo, an intertwined A&M, signifies "Auspice Maria" latin for "under the protection of Mary." May you always be under her protection!